

WEEK 1

WEEK COMMENCING

4 Nov, 25 Nov, 16 Dec, 6 Jan, 27 Jan,
17 Feb, 10 March 31 March

All of our meals are prepared using freshly sourced products from the East Midlands. If you need to know more about the ingredients used, please ask.

AVAILABLE DAILY: Best of both bread **Gluten, Soya** Vegetarian meals available upon request



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN

Quorn dippers
Gluten
potato balls,
sweetcorn
& sliced carrots

Chicken tagliatelle
Mustard Soya Milk Egg Gluten,
OR
Quorn tagliatelle
Mustard Soya Milk Egg gluten,
garlic bread
Soya Milk Gluten
& salad bar

Tomato french bread
pizza,
Milk Gluten Sesame
potato balls,
& salad bar

Roast beef
OR
Roast Quorn **Milk Egg,**
Yorkshire pudding,
Milk Egg Gluten
baby roast potatoes,
green cabbage,
sliced carrots & gravy

MSC fish portion **Fish Gluten**
OR
Fishless fingers **Gluten**
oven chips,
garden peas
& sweetcorn

OPTION 2

Hot cheese panini
Milk Gluten
potato balls
& salad bar

Jacket potato,
cheese **Milk,**
baked beans &
salad bar

Hot ham & cheese panini
Milk Gluten,
potato balls
&
salad bar

Jacket potato,
cheese **Milk,**
baked beans
& salad bar

Cheese & bean parcel,
Milk Gluten
oven chips,
garden peas &
sweetcorn

PUDDING

Icky sticky sponge
Milk Egg Gluten
& cream **Milk**

Chocolate muffin
Gluten, Egg

Strawberry ice cream tub
Milk

Iced sprinkle cookie
Gluten

Mousse
Milk

AVAILABLE DAILY: Yoghurt **Milk** or Fresh Fruit



**Nottinghamshire
County Council**

WEEK 2

WEEK COMMENCING

11 Nov, 2 Dec, 23 Dec, 13 Jan,
3 Feb, 24 Feb, 17 March

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AVAILABLE DAILY: Best of both bread **Gluten, Soya** Vegetarian meals available upon request



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Vegetarian roll, Gluten Soya Milk roast potatoes, broccoli, carrots & gravy	Beef Burger in a bun Soya Milk Egg Gluten Sesame Sulphur dioxide OR Southern style Quorn burger Soya Milk Egg Gluten Sesame, jacket wedges, baked beans & salad bar	Meatballs & pasta in a tomato sauce Mustard Soya Egg Gluten OR Meatfree balls Mustard Soya Egg Gluten garlic bread Gluten Milk Soya & salad bar	Nottinghamshire sausage Gluten Sulphur dioxide OR Plant-based sausage Soya Sulphur dioxide mashed potatoes, carrots, cabbage & gravy	MSC cod dog, Fish Gluten Sesame OR Fishless fingers Gluten in a hot dog roll, Gluten sesame with tomato ketchup, oven chips, baked beans, or garden peas
OPTION 2	Pasta Neapolitan , Mustard Soya Milk Gluten crusty bread, Gluten Sesame & sweetcorn	Jacket potato, cheese Milk, baked beans & salad bar	Hot cheese panini Milk Gluten potato balls & salad bar	Jacket potato with tuna mayonnaise Fish Egg & salad bar	Hot cheese & ham panini Gluten Milk oven chips, baked beans or garden peas & salad bar
PUDDING	Chocolate muffin Gluten Egg & cream Milk	Vanilla cookie Gluten	Pancake Gluten & fruit salad	Lemon drizzle muffin Egg Gluten Sulphur Dioxide	Cornflake tart Gluten Sulphur dioxide & custard Milk

AVAILABLE DAILY: Yoghurt **Milk** or Fresh Fruit



**Nottinghamshire
County Council**

WEEK 3

WEEK COMMENCING

18 Nov, 9 Dec, 30 Dec, 20 Jan, 10 Feb,
3 March, 24 March

All of our meals are prepared using freshly sourced products from the East Midlands. If you need to know more about the ingredients used, please ask.

AVAILABLE DAILY: Best of both bread **Gluten, Soya** . Vegetarian meals available upon request



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN

Margherita pizza,
Soya Milk Gluten
potato balls
& salad bar

Nottinghamshire sausage
Gluten Sulphur dioxide
OR
Plant-based sausage
Soya Sulphur dioxide
& Yorkshire pudding **Gluten Egg Milk**
mashed potatoes, carrots, cabbage
& gravy

Pasta shell Bolognese,
Gluten Mustard Soya
OR
Meatfree pasta shell
bolognese,
Gluten Mustard Soya
garlic bread **Soya Milk Gluten**
& sweetcorn

Roast gammon
OR
Roast Quorn **Milk Egg,**
mashed & roast potatoes,
green cabbage,
sliced carrots
& gravy

Fish fingers **Gluten Fish**
OR
Fishless fingers **Gluten**
tomato ketchup, oven
chips, sweetcorn
& garden peas

OPTION 2

Meatfree ball
& cheese sub roll,
Gluten Soya Egg Milk Sesame
potato balls
& salad bar

Jacket potato,
cheese **Milk,**
baked beans
& salad bar

Hot cheese panini
Milk Gluten
potato balls
& sweetcorn &
salad bar

Jacket potato,
cheese **Milk,**
baked beans
& salad bar

Hot ham & cheese panini
Milk Gluten,
oven chips, sweetcorn
& garden peas

PUDDING

Vanilla muffin
Egg Gluten
& cream **Milk**

Cherry flapjack
Gluten

Butterscotch tart
Milk Gluten

Jelly & shortbread
Gluten

Chocolate ice cream
roll
Soya Milk Egg Gluten

AVAILABLE DAILY: Yoghurt **Milk** or Fresh Fruit



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